

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Jan. 10 - 20, 2021

DATE	BREAKFAST	LUNCH	(Menu C)
MENU DAY 1 Sun. Jan. 10	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF RICE, FF CREAM CORN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese
MENU DAY 2C Mon. Jan. 11	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUTS FRESH FRUIT PANCAKES VARIETY COLD CEREAL	BOURBON CHICKEN BEEF TIPS over Noodles CAPRI BLEND VEGES., FF HARVARD BEETS, LF MASHED POTATOES CHUCKWAGON CORN, FF
MENU DAY 3 Tues. Jan. 12	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA FISH BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF BABY ROAST POTATOES COLE SLAW ENGLISH PEAS SPINACH POTATO CHIPS
MENU DAY 4 Wed. Jan. 13	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHEESE DANISH FRESH FRUIT VARIETY COLD CEREAL	HONEY BBQ CHICKEN WINGS SPAGHETTI w/MEATSAUCE POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce GARLIC BREAD CREAM CORN BAKED POTATO, FF or with Toppings
MENU DAY 5 Thurs. Jan. 14	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	ORANGE/CRANBERRY MUFFIN, fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN FILLET SANDWICH MEATLOAF, LF BROCCOLI NORMANDY, FF BOILED OKRA POTATO CHIPS POTATO SALAD BABY LIMA BEANS, FF RED SKIN POTATOES
MENU DAY 6C Fri. Jan. 15	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	LINK SAUSAGE CHEESE DANISH FRESH FRUIT VARIETY COLD CEREAL	PIZZA CHICKEN POT PIE BAKED CHICKEN GREEN BEANS BROCCOLI, LF or with Cheese CORN on COB BAKED IRISH POTATO BAKED SWEET POTATO
MENU DAY 7B Sat. Jan. 16	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS CUBED STEAK, LF MASHED POTATOES, reg. or LF YELLOW SQUASH w/Onions, FF POTATO CHIPS BROCCOLI NORMANDY SPECKLED BUTTER BEANS
MENU DAY 8 Sun. Jan. 17	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL (fresh baked) FRESH FRUIT VARIETY COLD CEREAL	POT ROAST, LF SCALLOPED POTATOES CHUCKWAGON CORN GREEN BEANS ,reg. or FF CAPRI BLEND VEGETABLE
MENU DAY 9 Mon. Jan. 18	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	MARTIN LUTHER KING, JR DAY MEAT LASAGNA OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF GARLIC BREAD STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 Tues. Jan. 19	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked WAFFLES FRESH FRUIT VARIETY COLD CEREAL	NACHO PLATES OVEN FRIED COD FISH BAKED POTATOES, FF CORN on the COB COLE SLAW CARROTS, FF or Glazed BROCCOLI NORMANDY, FF MASHED POTATOES
MENU DAY 11 Wed. Jan. 20	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	REUBEN SANDWICH CUBED STEAK, LF CAPRI BLEND VEGETABLES BAKED SWEET POTATOES, FF POTATO CHIPS TURNIP GREENS, FF CREAM CORN

LF = LOW or LOWER FAT FF = FAT FREE IRISH & SWEET POTATOES SERVED DAILY AT LUNCH
MENU SUBJECT TO CHANGE WITHOUT NOTICE